

“silence is the language of god,
all else is poor translation”

Observing a day of silence is a really powerful way of standing against injustice in our society. Silence is deafening. It can be used as a powerful tool for a change in society. It can be a form of protest. A form of social activism. A form of justice just like the day of silence observed by students on the second Friday of April to show solidarity with LGBTQ people and take a solemn stand against the bullying and harassment of lesbian, gay, bisexual, transgender, and queer. It can also be used as a way of showing solidarity and spreading awareness for people with speaking disabilities and take a solemn stand against bullying of people with any kind of disability. A way to understand them, and work with them.

Other than that observing a day of silence can be really helpful to your body physically and mentally because our everyday life from the time we open our eyes to the time we go to sleep can be really really hectic. We need a break from time and time and just think about our things metacritically. The constant sound of people interacting, traffic, processions can take a toll on your mental health. This also encompasses social media. According to research, around 13.7% of Bangaloreans found it hard to go offline for several days and 12.3% felt the need to cut back on social media. Even mindlessly browsing social media can affect your mental health which several studies have shown affects your physical health too. We don't have time to disconnect from constant noises, so I feel like we need to observe a day of silence. A time when we can think of things metacritically, when we can figure out where our life is heading or maybe if you don't want to overthink you can just find a cosy corner and read a book!